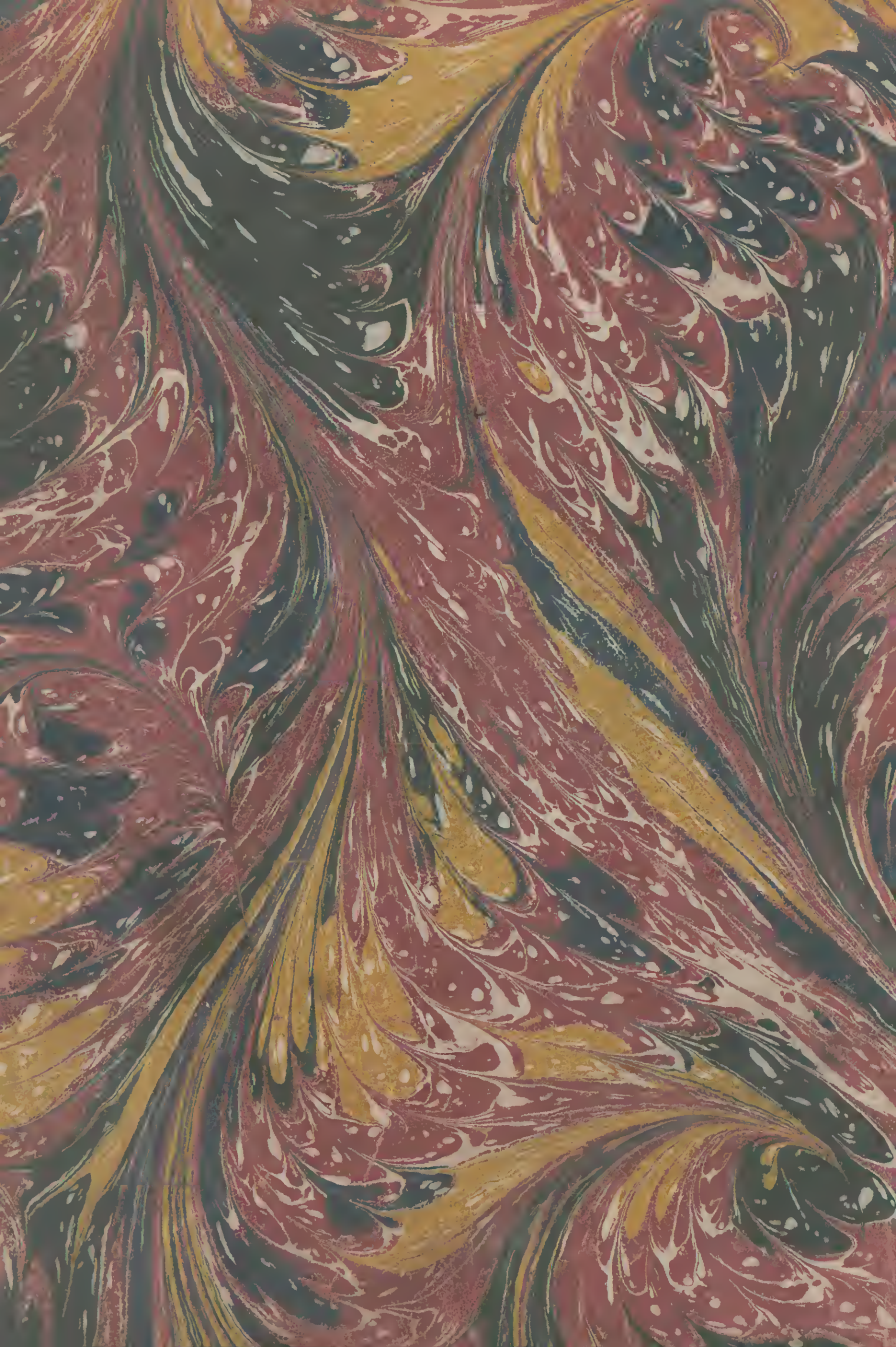


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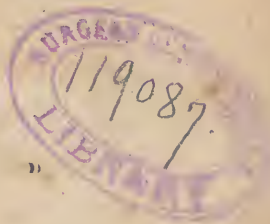
Good Councell ✓

against the plague.

Shewing sundry present preseruatiues
for the same, by wholesome fumes, drinks, vomits,
and other inward receipts: as also, the perfect
cure (by implaysture) of any that are there-
with infected.

*Nowe necessary to be obserued of euery Housholder,
to auoyde the infection, lately begun in some places
of this Cittie.*

Written by a learned Phisition, for the
health of his Countrey.



AT LONDON,
Printed by Iohn Charlwood,
for Thomas Nelson.

1592.

Good Council

Against the plague.

The following are the orders of the

Common Council of the City of London

in relation to the plague.

1. That all houses in the city

shall be searched

by the officers of the Common Council

to see that no person

is infected

with the plague.

2. That all persons who

are infected

shall be removed to the pest-house

and

kept there

until

they are

recovered.

AT LONDON.

Printed by John Sturges,

at the Sign of the

Anchor



To the Reader.



Or as much as the force and infection of the ordinarie disease, called the Plague or pestilence, hath heeretofore beene too well knowne and felt, in sundry places of this Realme: and conside-

ring, that it hath of late begun to increase in sundry chiefe citties & populous places; I thought it good to publish to you in time, sundry preferuatives against the said disease, the better to defend those that are in health, from the infection of the diseased. And also to cure those that are any way infected, griued, or troubled with the same. And to this I was imboldned, the rather for that it was written by a very learned and approoued Phisition, of our time, who desireth more the health of hys Countrey, than by disco-

To the Reader.

covering his name, seeme vaine-glorious to the world. Accept this same I pray you in good part, and thanke God for the Phisitions paynes, who hath his desire, if it may doe but that which hee wisheth: namely to expell sicknes, and encrease health to this Land. Which God for his mercie sake, prosper and preferue from all plagues and daungers, for euermore. *¶ Amen.*

THESE THINGS OUGHT DUELIE TO

be looked vnto. *Viz.*



Do keepe your houses, streetes, yardes, backsidcs, sinckes, and kennels, sweete and cleane from ail standing puddles, which engender stincking sauors, that may be noysome, or bræde infection: noz suffer no Dogges to come running into your houses, neither keepe any, except it bee backward, in some place of open ayre: for they are very daungerous, & not sufferable in time of sicknes, by reason they runne from place to place, & from one house to an o-ther, feeding vppon the vncleānest things that are cast forth into the streetes, and are a most apt cattell to take infection of any sicknes, and then to bring it into the house.

For ayring your Roomes.

Ayer your seuerall roomes with Charcole fiers, made in stone pans or Chafingdishes, and not in Chimneys: set your pans in the middle of the roomes: ayer euery roome once a wake (at the least) and put into your fyze a little quantitie of Francomsencé, Iuniper, Dyped Rosemary, or of Bay-leaues.

A Fume of great experience.

Take Rosemary, and put it into stronge Vineger, steepe it in a Bason or bobole, heat foure or fiue Flint stones red hot, and cast them into the Vineger, and so let the fume assend into the middle of euery roome.

Good Councell

An other.

Wyer your apparel in the same sozt, and with the same fume: and beare in your hands, some handkercher, Spunge, or Cloth, wetted in the iuyce of VVorme-wood, Hearbe-grace, and red Rose-vineger, mixt together.

To smell to.

The roote of Enula Campna, steeped in Vineger, and lapped in a handkercher, is a speciall thing to smell vnto, if you come where the sicknes is.

An other.

Hearbe-grace, & VVormewood steeped in Vineger, in some pewter peece, close stopt, is to be vsed in like sozt.

To tast or chewe in the mowth.

The Roote of Angelica, Setwall, Gencian, Valerian, or Sinamond, is a speciall preseruatiue against the plague, being chewed in the mowth.

To eate.

Eate Sorrell, steeped in Vineger, in the morning fasting, with a little bread and butter, Sorrell sauce, is also very wholesome against the same.

An other.

Take the kernell of a VVallnut, mince it with three or foure leaues of Hearbe-grace, and a corne or two of Salt: then put it into a figge, warme it and
eate

against the Plague.

eate it fasting : fast thre howers after , and take it twice a weeke.

A speciall thing to eate, found very comfortable.

Take strong red Rose-vineger, sprinkle it vpon a toste of white breade, spreade Butter thereon, and then cast the powder Cinamond vpon it, and eate it fasting : or eate bread and butter with Hearbgrace.

An other.

Giue to the diseased for their ordinary foode, some broth made with a necke of Mutton : boyled with a good quantitie of Burridge, Sorrell, and Buglossie.

To comfort the stomacke.

Aleberryes are very comfortable , made with Cloues, Maces, Nutmegs, Saunders, Gynney graines, and such like.

To drinke.

Take Rue, VVorme-wood, and Scabias, steape it in Ale a whole night, and drinke it fasting euery morning.

An other.

Take the water of Carduus benedictus, or Angelica, mixe it with Methridatum.

An other.

The roots of Emula Campana, beaten to powder, is a speciall remedy against the Plague, being drunk fasting.

Good Councell

An other.

Drinke the powder of Turmentill, in Sorrell or Scabias water. An other. If any feele themselves already infected, take Angelica water, mixt with Mechridatum, Drinke it off, then goe to bed and sweat thereon.

An other to drinke.

Take a spoonefull of Bayberries, and huske them before they be dry, beate them to powder, and drinke it in good stale Ale or Beere, or in white wine: then sweat vpon it, and forbeare to sleepe.

To procure sweate. Take Posset-ale lodden with Sorrell, & Burridge, mixt with Triacle of Diatesserom, and get you to your naked bed.

A speciall preseruatiue against the Plague. Take the roote of great Valerian, a quarter of an ounce: of Sorrell, a handfull: an ounce of the roote of Butter-bur: boyle them in running water, from a quart to a pint, put two spoonefulls of Vineger to it, and let the patient drinke it so hot as he may, & then sweat vpon it.

An other speciall preseruatiue.

Take an Egge, make a hole in the top of it, take out the white & the yolke, and fill the shell only with Saffron, rost the shell and Saffron together, in embers

of

against the Plague.

of Charcoales, vntill the shell ware yellowe : then beat shell and all together in a Morter, with halfe a Spoonfull of Mustard-seede : nowe so soone as any suspicion is had of infection, Dissolue the weight of a french Crowne, in ten Spoonfulls of posset-ale, Drink it luke warme, & sweat vpon it in your naked bed.

An other preseruatiue to be distilled.

Take halfe a hundreth greene V Walnuts, as they hange greene on the tree, & a pound of ϕ inner barke of Ash tree : then take Peimorrell, Hopsleeke, Scabias, & Veruyn, of each a handfull, Saffron halfe an ounce, and mince all these smal together : then put a pottle of the strongest Vineger on them, boyle them ouer a soft fyre in a close pot, & after distill them in a Limbecke : keepe the distil led water, & giue the patient two ounces to drink therof, 4. times in xxiii. howers, when he is in his naked bed ; & let him bee prouoked to sweat, and he shall finde great ease thereby.

If the patient be bound in the body.

Take a suppositoary made with a little boyled Hunny, and a little powder of Salt : let this be put vpon the fundament with a little butter, vntill it moue him to the stoole.

Drinke for ordenary dyet.

So nere as you can, let the Patients ordenary Drinke be good small Ale, of eyght dayes olde.

For vomiting.

Vomitting is better than bleeding in this case, and therefore prouoke to vomit so nere as you can.

Good Councell

To prouoke vomit.

Take three leaues of Eastrabecca, stampe it, and
Dzinke it in Rhenish wine, Ale, or posset Ale.

An other.

A little quantitie of white Helibor, grated and
Dzinke in the like sort, procureth vomit.

A speciall vomit.

Take two ounces of Dyle of V. Valuins, a spoone
full of the iuyce of Celandyne, and halfe a spoonefull
of the iuyce of Reddish-rootes: Let not the partie
sleepe for two howers after, and in so doing it is
better than any purging,

For Purging.

If the partie be full of grosse humours, let hym
blood immediatly vpon the right arme, on the lyuer
beyne, or on the median beyne, in the same arme: so
as no soze appeare the first day.

A very wholesome purge.

Put into the pap of an Apple, a sixpenny weight
of Aloes, and so take it: or the pyls of Rufus.

A very wholesome water to be distilled.

Steape Sorrell in Vineger, xxiii. howers, then
take it out, & Dry it with a linnen cloth, then still it
in a Limbecke, Dzinke foure spoonefuls, with a little
Sugar: then walke vppon it till you sweat, if you
may: if not, keepe your bed and sweat vpon it. Use
this

against the Plague.

this before supper on any evening.

If the patient happen to bee troubled with any swellings, botches, Carbuncles, or Gods tokens: let him sweat moderately now and then.

Outward Medicines to rypen the sore.

Take the roote of a white Lylly, rost it in a good handfull of Sorrell, stampe it and apply it thereto very hot. Let it lye xxliij. howers, and it will breake the soze.

An other.

Take olde Swynes grease salted, two ounces, with the yolke of an egge, and two handfulls of Scabias, stampe them together, and lay it warme to the soze,

An other.

Take a small quantitie of Leuen, a handfull of Mallowes, a little quantitie of Scabias, cut a white Oynion into preces, with halfe a dozen heades of Garlicke: boyle these together in running water, make a Poultus of it, and then lay it hot to the soze.

Another.

The like may be made of two handfulls of Valerian, three rootes of Danwoorte, and a handfull of Smallidge: seeth them in sheepes suet and water, with a fewe crums of bread: and applye it hotte to the soze.

Good Couhcell

An other.
Take a hot Loafe, new taken forth of the Ouen, apply it to the soze, and it will doubtlesse breake the same: but afterward bury the same loafe deepe enough in the ground, for feare of any infection: for if either dog or any other thing doe feede thereon, it will infect a great many.

Other obseruations.

Let the sicke and enfeeted persons bee seperated and kept from the whole, vntill the soze bee healed: but generally let them be kept within the space of a moneth.

For ayring Apparell.

Let the Apparell of the diseased persons, be well and often washed, w^e it linnen or woollen: or let it be ayred in the sunne, or ouer pans of fyre, or ouer a Chafingdish of Coales, & fume the same with Francensence, Iuiper, or dyed Rose. mary.

A perfect good Playster for the cure of the
fore, after it is broken.

Take vnwrought Waxe, white Turpentine, the yolke of an Egge, a little fresh butter, and a quantitie of English houncey, boyle all these together to a salue, and apply it to the soze, bring thin spread vpon a cloth, in maniner of an ordenary playster.

FINIS.

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